

About Us

We are a charity who have been supporting families in Suffolk for 40 years.

Families Together Suffolk provide a free and confidential service to any family living in the Suffolk with at least one child aged 11 or under.

We can help parents who may:

- Need support with their mental health
- Feel lonely or isolated in their community,
- Find it hard to cope
- Struggle with the emotional and physical demands of having a baby, young children or multiple young children.

Families are able to refer themselves to our service or a referral can be made by a professional such as a family support practitioner or health visitor.

A referral form can be found on our website and sent to us or can be taken over the phone using the details on the back of the leaflet.



Contact Us



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Follow us on social media or sign up to our newsletter to keep up to date with our Perinatal support services



Families Together Suffolk



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www.famielstogethersuffolk.org.uk



Families Together

SUFFOLK



Bump, Birth & Beyond Parent and Baby Support

Support available for parents-to-be and parents with babies pre-walking



Our service

Families Together Suffolk are working to support parents from bump, birth and beyond.

Support available is tailored to individual parents needs. We are able to support parents at home for more 1-2-1 support around routine, caring for baby, building confidence or support with their mental health. We also offer small perinatal groups that are supportive and connect parents who are in similar situations and stages of parenthood.

We work together with a range of partners including the perinatal mental health team, community mental health teams, midwives and health visiting teams to support families across Suffolk.

Home Support



Our Family Support Coordinators understand the challenges of parenthood and how difficult it can be to navigate. Some parents find they lack confidence around a new baby or worry about how they will get out into the community so our support can begin at home.

A coordinator will visit the family at home either weekly or fortnightly to provide a listening ear, practical advice and support tailored to your needs.

The aim of our home-visiting service is to build confidence, self-esteem and bonding between parent and baby.

Groups and project Work

We run parent and baby support groups across Suffolk and provide a range of fun project sessions.

These Chill, Chat & Play sessions are smaller groups for parents-to-be and parents with babies pre-walking. The aim of the groups is to increase parents confidence and bond with baby through fun and engaging activities.

Parents attending our groups will also have access to all of our project sessions, but in a smaller, supportive environment. Projects available include story sacks, treasure basket, messy play, baby yoga and music sessions; all of which support baby learning, development and attachment.

' I've never felt so welcomed and supported within a group. This group has become my family '

